

**Recovery Series:  
Developing Habits  
that Heal**

June 2, 2013  
**Facing Reality**



How are the past wounds & hurts in your life affecting you today?

Are there any "bad" habits in your life that you wish you could change?

Do you recognize the hang-ups in your life that often get you into trouble?

**Goals of this Recovery Series**

**#1.** To equip you with the tools and strength our Lord has provided us so we might find victory and help in those moments we are at our weakest to overcome hurts, habits, and hang-ups in your life.

**#2.** To provide you with the resources so you can help others break through the painful patterns of their lives and show them the source of true hope and strength.

**Key Verses of this series: Romans 8:1-4**

*<sup>1</sup>So now there is no condemnation for those who belong to Christ Jesus.*

*<sup>2</sup>And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.*

*<sup>3</sup>The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have.*

*And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. <sup>4</sup>He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit."*

**Observation**

Romans 7... <sup>15</sup> *I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.* <sup>16</sup> *But if I know that what I am doing is wrong, this shows that I agree that the law is good.* <sup>17</sup> *So I am not the one doing wrong; it is sin living in me that does it.* <sup>18</sup> *And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't.* <sup>19</sup> *I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.* <sup>20</sup> *But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.*

<sup>21</sup> *I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong.* <sup>22</sup> *I love God's law with all my heart.* <sup>23</sup> *But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.* <sup>24</sup> *Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?*

**Application**

The first critical step is... **Facing Reality**  
**We are POWERLESS over our problems and that our life has become unmanageable.**

First Mis-step of Life Recovery

1.. *"I can quit tomorrow".* OR *"I can wait until later to change."*  
Tomorrow has no power or strength to initiate change into your life. Today – right now- is where the power is! Waiting even one more day is a decision to stay on a path that has proven to be destructive.

The Imitation of Christ" by Thomas a' Kempis...

*"Lord, I confess my sinfulness, and acknowledge my weakness.*

*Often it is but a small matter that defeats and troubles me.*

*I resolve to act boldly, but when I am assailed even by a small temptation, I am in sore straits. From a trifling thing sometimes arises a strong temptation; and when I am secure, I am almost overwhelmed by a mere breath. I am weary of living constantly at conflict.*

*My weakness is apparent to me, for evil fancies rush in on me more readily than they depart."*